



*Where Safety Is  
Accelerating*

June 1999  
Volume 1, Issue 1

## Inside this Issue

Welcome!

June Safety Topic:  
Safety Work Practices,  
A Recipe For Success

June — National Safety Month

Upcoming Events

Around The Project...

Bicycle Helmets:  
Under Appreciated

Tell It To Jim!

## Superman Needs a Seat Belt

*During his days of fame, an airline flight attendant asked boxing champion Muhammad Ali to fasten his seat belt. Ali said, "Superman don't need no seat belt!" The flight attendant replied to the champ, "Superman don't need no airplane neither."*

**APT Project @ LANL  
Los Alamos, NM**

# June Safety Newsletter Safety Newsletter

## Welcome!

**W**elcome to the launching of our first APT Safety Newsletter! If you are reading this, then we've made it to the first step! We have managed to get this into the hands of at least some of the folks on the project. Our goal is to have a monthly publication that will bring timely and helpful safety information to everyone on the team so we can all work and play more safely!

As we work to make this a truly interesting and beneficial newsletter



we need your help! We would like to know if you are interested in working on this or other safety program activities such as Monthly Safety Meetings and other

special safety awareness activities. A desire to be a part of making homes and work a safer place is all that is required. If you would like to find out more, just send an e-mail to [APTSAFETY@lanl.gov](mailto:APTSAFETY@lanl.gov) or call Garry Schramm at 5-6830.

## June Safety Topic:

### *Safe Work Practices, A Recipe For Success*

**I**mportant guests are coming, and everything has to be "just right!" Success depends on the meal, and you've decided on a winner:

*Roasted Red Pepper and Crab Soup  
Spring Vintner's Salad  
Balsamic Glazed Grilled Duck Breast  
(and to finish!)  
Warm Glazed Bittersweet Chocolate Cake*

Now where to start? Who needs a recipe!—**slice! dice!** put it in the oven and.....disaster!!!!

Just like that important meal, we want every job to be a success (SAFE)! By following the requirements and guidelines in the Safe Work Practices LIRs, we can create just the right safety recipe.

Safe work practices are an essential part of Integrated Safety Management (ISM) and depend on the proper implementation of five core functions:

- ▶ Define the work
  - ▶ Identify and evaluate hazards
  - ▶ Develop and implement controls
  - ▶ Perform work safely
  - ▶ Provide feedback and continuous improvement
- It is more than just words. It is a well-defined planning and documentation process that we use each and every time we want to do work. The LIRs help guide us in
- ▶ defining the work to be done, task by task
  - ▶ identifying the potential hazards associated with each task
  - ▶ writing down the controls necessary to reduce the hazards
  - ▶ listing other Lab requirements that will minimize the risk and training needed to understand the hazards or to safely use required equipment
  - ▶ describing the emergency actions to

*See Safe Work Practices, page 2*

## June — National Safety Month

In an effort to increase public awareness of the dangers Americans face each day, the National Safety Council has designated June as National Safety Month. Advancements in safety, such as increases in technology and legislation have created a safer environment for Americans, yet unintentional deaths continue to be one of our nation's leading killers.

Unintentional deaths totaled nearly 94,000 in 1997. Motor vehicle crashes caused 43,200 deaths, 28,400 people died in the home, 19,400 in public incidents, and 5,100 deaths occurred in the workplace (*Accident Facts*, 1998 edition, National Safety Council).

During National Safety Month 1999, we are asking Americans to give special attention to these areas: work, home, first aid and community, and driving. With the support of the American public, National Safety Council chapters, and organizations such as Lowe's Home Safety Council, Nissan North America and the United Parcel Service, National Safety Month will be more than a yearly observance.

It is the National Safety Council's hope that if Americans dedicate a month to practicing safety, the increased attention toward living safely will continue throughout the year and, ultimately, decrease the number of accidental injuries and deaths.



### *Safe Work Practices, A Recipe For Success*

From page 1

take in case something unusual occurs

You wouldn't make an important meal without following a good recipe, so don't start any job without knowing the ingredients and instructions to make it turn out right!

LIR 300-00-01.0 "Safe Work Practices" and LIR 300-00-02.0 "Documentation of Safe Work Practices."

### *Bicycle Helmets: Under Appreciated*

From page 4

A bicycle helmet should have a snug but comfortable fit on the rider's head. Some helmets are available with several different thicknesses of internal padding to custom fit the helmet to the user. If a parent is buying a helmet for a child, the CPSC recommends that the child accompany the parent so that the helmet can be tested for a good fit.

For a helmet to provide protection during impact, it must have a chin strap and buckle that will stay securely fastened. No combination of twisting or pulling should remove the helmet from the head or loosen the buckle on the strap. Children should be instructed to always wear the helmet with the chin strap firmly buckled while bicycling.

## Upcoming Events

### Lab Safety Days '99 June 21–25, 1999

- 22 "Thank Goodness It's Today"  
(Two Presentations)

A realistic approach for developing top performance in today's fast-paced business environment

9:00 A.M. and 1:30 P.M.  
TA-3 Main Auditorium  
Open to the Public

- 21,23 Ergonomics Buffet (and)  
"My Reasons for Being Safe"  
Otowi Building Lobby

- 24 Community Safety Days  
Festival - "Safety for Life"

8:00 A.M.-1:30 P.M.  
UC Office Parking Lot  
Central Avenue  
(during Farmers' Market)

- 28 APT Group Safety Meeting  
Piñon Conference Room  
1:00 P.M. – 1:30 P.M.

- July CPR Classes at LANSCE  
Contact Deborah Townsley  
townsley@lanl.gov

- 14 2-Hr CPR Refresher Course  
Three sessions available

- 15 Full CPR Course  
Two sessions available

## Around The Project...

### New Arrivals

Congratulations to **Frances** and **Mark Chadwick** on the birth of their daughter, **Philippa Susan Chadwick**. Philippa was born on May 6, weighed 6 lbs, and was 19 inches long. Mother and daughter continue to do well.

**Ken** and **Joan Parker** were blessed by the birth of their son, **Ryan Joshua Parker**, who arrived on May 20 weighing 7 lbs, 7 oz and measuring 21 inches. Ryan and his mom are reported to be doing great! There is no truth to the rumor that Ken is considering imposing some type of penalty on Joan for missing the delivery deadline by a day and, according to Hospital billing records, coming in slightly over the projected budget. Ken insists that he never mixes his work and home life!

### Personnel Changes

Unfortunately we have lost several individuals from the project team. As many of you know, **Brian Rusnak** and **Andrea Baron** left for Lawrence Livermore at the end of May. In addition, Jeff England, while still on the project, has returned to SRS. Several other WSRC people supporting the APT project have also returned to SRS to take up new challenges. These include **Linda Cassidy**, **Nick Gupta**, and **Mark Moore**.

On the positive side, however, we have several additions to the team. Please make a special effort to welcome the following individuals:

**Berylene Rogers** is our new Technical Editor, taking Andrea's old position. She started working on the *Material's Handbook* before Andrea left. Berylene is in Building 31, Room 387, and can be reached at 7-0414. She is no stranger to APT, having previously worked on the Conceptual Design Report (CDR) and the Preliminary Safety Analysis Report (PSAR).

**Laura Bolton** has joined the APT/TPO/LEDA Safety, Quality, and Training Team as a Summer Student. She will be working with all team members in a variety of assignments related to safety and quality assurance. Laura is no stranger to safety as her father has been in that arena for some time. Her many activities at LAHS have prepared her well for contributing to the APT team. We will be employing her talents this summer to improve our safety and quality assurance program.

**Melissa Metcalf** began working with the APT/TPO/LEDA Safety, Quality, and Training Team in April as a full-time employee. She works closely with Tony



**Tomei**, TPO Safety, Training and QA Team Leader, helping promote continuous improvement in a wide variety of programs. A lot has transpired in the short time that Melissa has been with APT, including her participation in "team teaching" of the LEDA-Specific Safety Training Class in MPF-365. Melissa comes from a strong background in small business and has a degree in business management.

### Awards/Recognition

Individuals within the APT organization continue to be recognized for their outstanding work:

**Andrea Baron**, a Weirich employee and outgoing TPO Technical Editor, was presented an award (cash and certificate) through the Contractor's Award Program. Andrea supported the Project for almost three years.

**Bob Gentzlinger**, Task Leader responsible for design and procurement of first-of-a-kind superconducting cavities for the APT accelerator, received an award through the Los Alamos Award Program on May 14. Bob completed an innovative cavity design, supported with extensive analysis, and accomplished on an aggressive schedule. The first completed cavity has already been received for testing. Bob has been with the Project since 1995.

### Internal Moves

**Dave Madsen** (GA) recently moved into Bldg. 31, Room 252, and **Rick Kapernick** of TSA-10 TA-52, now has a local office in Bldg 31, Room 255.

**DID WE LEAVE SOMETHING OUT?** Please send any items for the newsletter to [aptsafety@lanl.gov](mailto:aptsafety@lanl.gov).

## On the Home Front...

### Bicycle Helmets: Under Appreciated

A study by the U.S. Consumer Product Safety Commission (CPSC) shows that while more children than ever before are wearing bike helmets, there is still an alarming number of deaths and injuries from bicycle accidents each year. The CPSC study, the results of which were published in the February issue of the journal *Pediatrics*, published by the American Academy of Pediatrics, was based on the first national survey of children's bicycle helmet use.

The CPSC study implied that parents and communities can play an active role in increasing children's use of bike helmets. There are steps parents and communities can take to reduce the 400,000 bicycle-related, emergency room-treated injuries and 300 bicycle-related deaths each year. Children between five and 14 have the highest injury rate of all bicycle riders, and bicycle accidents are one of the leading causes of accidental deaths in this age

group. Parents need to be informed about the potential seriousness of bicycle-related injuries, and encourage their children to wear helmets every time they ride a bike.



Three out of four of the deaths are due to head trauma and about one-third of the injuries are to the head or face. It is estimated that helmets are now worn by fewer than one out of 10 bicyclists. Published data shows that most of the serious injuries could be prevented by wearing a bicycle helmet, which can reduce the likelihood of head injuries by up to 85 percent.

The purpose of a helmet is to absorb the energy of an impact to minimize or prevent a head injury. Crushable, expanded polystyrene foam generally is used for this purpose. Many helmets also have a hard outer shell which can provide additional protection to the head in the event of a collision with a sharp object.

*See Bicycle Helmets, page 2*

### Tell It To Jim!

Want a way to express a safety concern or suggest a safety improvement but don't know quite how to go about it? Or maybe you have already spoken up but are not sure what has been done. Well, the following form can be used to get your concern or suggestion heard. Just fill in the information, cut out the form and mail it to Patty Montoya,

APT TPO lead secretary, at MS H816. We will be tracking items and actions monthly in the newsletter. It is APT's goal to effectively raise and respond to safety items within our organization; but remember, the Lab also has an effective Safety Concern Program available to all employees through the LANL Home Page.

### SAFETY ITEM

Description (Please be as detailed as possible):

---

---

---

Facility: \_\_\_\_\_ Room/Area: \_\_\_\_\_ Date: \_\_\_\_\_

Suggestion for improvement:

---

---

---

Name (Optional): \_\_\_\_\_ Phone/e-mail (Optional): \_\_\_\_\_